

*6 HELPFUL  
MINDSETS &  
8 KEY PRAYERS  
TO IMPROVE  
MENTAL HEALTH*

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# WHAT DOES THE BIBLE SAY ABOUT COUNSELING?



## DIVINE WISDOM + COUNSELING

Thank goodness times are changing and therapy is more acceptable, socially. It's a big mistake and deeply harmful, honestly, to believe or teach that God doesn't work through trained professionals in the mental health field. God does! All along, God has always partnered with people, (think about Moses, Mary, Paul, Lydia, the disciples of Jesus, and not to mention, so many followers of God throughout history), to bring healing and hope to the world.

*"Without counsel, plans fail, but with many advisers, they succeed."  
- Proverbs 15:22*

## TRUE HEALING

The Old Testament alone has almost 90 references to counsel - meaning advice, aid, or giving purpose. Because God loves all the parts of us, we know that He cares about our mental health. If you find yourself struggling with wholeness, anxiety, depression, or any type of mental health issue, there is no shame before God. He has given us the gift of trusted therapists and doctors to help guide us toward healing – and God wants us to thrive and know his wholeness.

# 6 VITAL MOVES TO ENHANCE YOUR MENTAL WELLNESS




## 1. TELL SOMEONE

Tell a safe person that you are struggling. Be honest and open. There is no shame!

## 2. REACH OUT TO A THERAPIST

Ask around for recommendations. Make sure the therapist is reputable, educated, and trained in their field. You might have to try more than one therapist; it's a bit like dating. Find someone you have chemistry with.



### 3. YOU'RE NOT ALONE

Remember that it is a normal part of being a human on earth to grapple with mental health. Statistics tell us that mental health struggles are on the rise now especially in the next generation.



**“Mental illnesses are common in the United States. It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe. Two broad categories can be used to describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI). AMI encompasses all recognized mental illnesses.”**

**- National Institute of Mental Health**

### 4. BE KIND, GRACIOUS, & PATIENT WITH YOURSELF

Everyone is fighting some kind of battle, and if you grapple with your mental health, you are not doing anything wrong. You are not sinning. You are a limited human and you are so loved by God. Be gracious to yourself.



## 5. CALL FOR HELP

If you are struggling with any suicidal thoughts, call the National Suicide Hotline immediately. That number in the United States is 988. You are worth that phone call.



US NATIONAL SUICIDE HOTLINE


**988**



## 6. PRAY

Pray about your mental health and for loved ones who might be hurting. Perhaps you aren't struggling right now, but you have a loved one - a parent, a child, a spouse, or a neighbor who battles some form of chronic mental health struggles. See below for a prayer guide.





8 Prayers of Hope and  
Healing for Mental  
Health from Psalm 126



## 1. HEALING

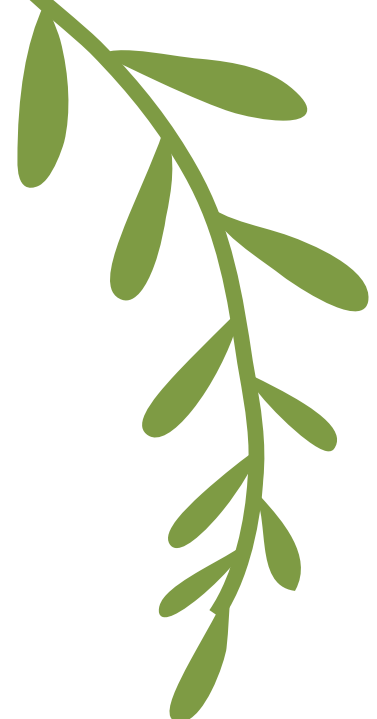
Lord,  
Restore the health of my loved ones - their mental  
and emotional health.  
In Jesus' Name, Amen.

When the Lord restored the fortunes  
of Zion..."  
-Psalm 126: 1

## 2. REDEMPTION

Lord,  
Heal the pain of broken/lost dreams caused by  
mental health battles and redeem what mental  
unhealth has tried to steal.  
In Jesus' Name, Amen.

"...We were like those who dream,  
those who found health..."  
- Psalm 126:1



### 3. JOY

Lord,  
Fill our loved ones who struggle with new laughter  
and joy with sweetness because of Your goodness.  
In Jesus' Name, Amen.

"Then our mouth was filled with  
laughter, and our tongue with shouts  
of joy..."  
- Psalm 126: 2

### 4. POWER OF GOD

Lord,  
We pray that our loved ones and their community  
will witness God's greatness.  
In Jesus' Name, Amen.

"...then they said among the nations,  
The Lord has done great things for  
them...." - Psalm 126:2



### 5. GLADNESS

Lord,  
We praise You! Even in mental health battles, You  
are doing great things for us. Return gladness to our  
hurting loved ones.  
In Jesus' Name, Amen.

"The Lord has done great things for  
us; we are glad." - Psalm 126: 3





## 6. THOUGHTS

Lord,  
Restore thoughts and mindsets and end emotions  
that are held captive by mental unrest.  
In Jesus' Name, Amen.

**"Restore the captives, O Lord..." -  
Psalm 126:4**



## 7. RELIEF

Lord,  
Bring relief to those who struggle with sadness, grief,  
and even depression- that they will experience  
abiding joy.  
In Jesus' Name, Amen.

**"Those who sow in tears shall reap  
with shouts of joy!"  
-Psalm 126:5**

## 8. RESTORATION



Lord,

Restore those in this generation and the next who struggle with emotional health that as they sow tears of weeping, they will hold onto the hope and the promise that one day, God will birth the seeds of life and healing.


In Jesus' Name, Amen.

"He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him."  
- Psalm 126:3



FOR ALL THOSE STRUGGLING WITH MENTAL ILLNESS,  
WE HERE AT CHRISTIANITY.COM ARE PRAYING FOR  
YOUR COMPLETE HEALING IN CHRIST JESUS.

THANK YOU FOR PARTNERING WITH US AS A PLUS  
SUBSCRIBER TO BECOME PART OF OUR MISSION,  
ALLOWING US TO CONTINUE BRINGING HELPFUL AND  
RESTORING CONTENT TO THOSE WHO NEED IT.  
WE APPRECIATE YOUR SUPPORT.



# Notes & Prayers



Aubrey Sampson is a pastor, author, speaker, and cohost of the podcast, *Nothing is Wasted*. She is the author of *Big Feeling Days*, *The Louder Song*, *Overcomer*, and her newest release, *Known*. Find and follow her @aubsamp on Instagram. Go to [aubreysampson.com](http://aubreysampson.com) for more.